

Fleetwood Area School District

July 2020

Grab & Go Meals

Free Meals

Every meal consists of servings from the following 5 meal components: Meat/Meat Alternate, Whole Grains, Vegetable, Fruit, and Milk

A selection of white and flavored 1% and skim milk are offered daily

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6/29	Day	6/30	Day	7/1	Day	7/2	Day	7/3	Day
Breakfast: Bagel, Fruit, Juice & Milk Lunch: Chicken Fajita Wrap Salsa Fruit Cup Tortilla Chips & Milk		Bagged Meal given with Monday's Meal		B: Egg, Bacon Croissant, Fruit, Juice & Milk Lunch: Chicken Patty Sandwich Baked Beans Fresh Fruit Snack Bag & Milk		Bagged Meal given with Wednesday's Meal		Bagged Meal given with Wednesday's Meal	
7/6	Day	7/7	Day	7/8	Day	7/9	Day	7/10	Day
Breakfast: Cinn. Toast Bar, Fruit, Juice & Milk Lunch: Pretzel Dog/Corn Dog Green Beans Peaches Goldfish & Milk		Bagged Meal given with Monday's Meal		Breakfast: Waffles, Fruit, Juice & Milk Lunch: Steak Sandwich Tater Tots Pears Snack Bag & Milk		Bagged Meal given with Wednesday's Meal		Breakfast: Yogurt Parfait, Juice & Milk Lunch: Pasta w/ Meatballs & Roll Broccoli Mixed Fruit Cookie & Milk	
7/13	Day	7/14	Day	7/15	Day	7/16	Day	7/17	Day
Breakfast: Frudel, Fruit, Juice & Milk Lunch: Chicken Strips Carrots Pineapples Goldfish & Milk		Bagged Meal given with Monday's Meal		Breakfast: Yogurt Parfait, Juice & Milk Lunch: Chicken, Bacon, Ranch Salad Pretzel Apples Snack Bag & Milk		Bagged Meal given with Wednesday's Meal		Breakfast: Waffles, Fruit, Juice & Milk Lunch: Scrambled Eggs, Bacon & Biscuit Hash Browns Applesauce Donut & Milk	
7/20	Day	7/21	Day	7/22	Day	7/23	Day	7/24	Day
Breakfast: French Toast, Fruit, Juice & Milk Lunch: Chicken & Dumplings Corn Pears Graham Crackers & Milk		Bagged Meal given with Monday's Meal		Breakfast: Yogurt Parfait, Juice & Milk Lunch: Pizza Sticks Marinara Sauce Cup Peaches Baked Chips & Milk		Bagged Meal given with Wednesday's Meal		Breakfast: Pancakes, Fruit, Juice & Milk Lunch: Fish Sticks w/Mac & Cheese Carrots Mixed Fruit Cup Ice Cream & Milk	
7/27	Day	7/28	Day	7/29	Day	7/30	Day	7/31	Day
Breakfast: Mini Bagel, Fruit, Juice & Milk Lunch: Egg & Cheese Croissant Celery Sticks Fruit Cup Graham Crackers & Milk		Bagged Meal given with Monday's Meal		Breakfast: Yogurt Parfait, Juice & Milk Lunch: Chicken Strips w/ Roll Baked Beans Fruit Cup Snack Bag & Milk		Bagged Meal given with Wednesday's Meal		Breakfast: Donut Holes, Fruit, Juice & Milk Lunch: Grilled Cheese Carrot Sticks Fresh Fruit Goldfish Crackers & Milk	
Daily Vegetable Selection		In addition to the Hot Entrees, the following are offered daily:						Daily Fruit Selection	

Menu Subject to Change

Equal Opportunity Provider